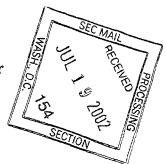


UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, DC 20549

FORM 6-K

Report of Foreign Private Issuer Pursuant to Rule 13a-16 or 15d-16 Under the Securities Exchange Act of 1934

RE, July 18, 2002



Forbes Medi-Tech Inc. (Commission File No. 0-30076)

200-750 West Pender Street Vancouver, British Columbia, Canada V6C 2T8

(Address of principal executive offices)

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thereby furnishi of 1934.	ng the information to the Commis	ssion pursuant to Rule 12g3-2(b) under	the Securities Exchange Act

Exhibit Index

Exhibit No.

Description

1.

Date: July 18, 2002

Press Release

July 18, 2002

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned, thereunto duly authorized.

Forbes Medi-Tech Inc.

"Charles Butt"

Charles Butt

President & CEO

Forbes Medi-Tech

INC.

News Release

For Immediate Release

"Developing Nutraceuticals & Pharmaceuticals from I

Forbes Medi-Tech Applies for NASDAQ SmallCap Market

Vancouver, British Columbia – **July 18, 2002** – Forbes Medi-Tech Inc. (TSE:FMI and NASDAQ:FMTI) today announced it has applied to the NASD to transfer its listing of common shares from the Nasdaq National Market to the Nasdaq SmallCap Market. If the application is approved, the company will be afforded an additional grace period that may extend up to April 14, 2003 during which time the company must meet Nasdaq's \$1.00 minimum bid price requirement for continued inclusion on the Nasdaq SmallCap Market.

Forbes Medi-Tech Inc. is a biopharmaceutical company dedicated to the research, development and commercialization of innovative pharmaceuticals and nutraceutical products derived from nature. By extracting plant sterols from wood pulping by-products, Forbes is developing cholesterol-lowering agents to be used both as pharmaceutical therapeutics and functional food ingredients in the battle against heart disease. PhytrolTM and ReducolTM are registered trademarks of Forbes Medi-Tech Inc.

ON BEHALF OF THE BOARD OF DIRECTORS OF FORBES MEDI-TECH INC.

Charles Butt President & CEO

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For more information, please contact:

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E-mail: mlivingston@forbesmedi.com

Darren Seed

Manager, Investor Relations Telephone: (604) 681-8976 E-mail: dseed@forbesmedi.com

The NASDAQ National Market and the Toronto Stock Exchange have not reviewed and do not accept responsibility for the adequacy or accuracy of the content of this News Release. This press release contains certain forward-looking statements within the meaning of Section 27A of the U.S. Securities Act and Section 21E of the U.S. Securities Exchange Act of 1934, which statements can be identified by the use of forward-looking terminology, such as, "will", "believes", "potential", "expand" or comparable terminology referring to future events or results. The Company's actual results could differ materially from those anticipated in these forward-looking statements as a result of numerous factors, without limitation, the need for approval by Nasdaq of the Company's transfer application, and the need for the bid price of the Company's shares listed on Nasdaq to be at least US \$1.00 for a certain period of time in order to meet the continued inclusion requirements of the Nasdaq SmallCap market, neither of which is assured. Failure to meet either of these requirements may result in the Company's shares being de-listed from Nasdaq. See the Company's reports filed with the Toronto Stock Exchange, the B.C. and Ontario Securities Commissions, and the U.S. Securities and Exchange Commission from time to time for cautionary statements identifying other important factors with respect to such forward-looking statements, including certain risks and uncertainties, that could cause actual results to differ materially from results referred to in forward-looking statements. The Company assumes no obligation to update the information contained in this press release.